



LOOKING AT LIFE

Help! I Feel Worthless



A person is sitting on a wooden bench in a park-like setting. The scene is bathed in a warm, golden light, suggesting either sunrise or sunset. The ground is covered with fallen leaves, and there are trees with sparse foliage in the background. The overall mood is contemplative and somewhat melancholic.

Help! I Feel Worthless

MEI LING WAS ASKED to transfer to another school because her poor grades were dragging the school down. As a top school, it didn't want to have any failures at the national-level exams. At home, her parents compared Mei Ling to her brother, who regularly topped his class. "Why are you so stupid? Why can't you study harder like your brother?" they asked. As she went back to her room in tears, she wondered: *Is that all my parents love me for? Is that all the school cares about—my grades?*

Somchai had just been retrenched. The 55-year-old was told that younger people were faster and better. "Your skills and experience are outdated," his boss said. As he cleared his desk dejectedly, Somchai thought: *Is that all I am? Just a worker who is considered useless because I'm old?*

Rajan, a social worker, was enjoying his day off walking around town until a pitiful-looking beggar came to him, knelt before him, and asked him for food. He felt both disturbed and saddened, seeing a fellow man having to do this. He wished he could help everyone, but there were just too many poor people. He wondered: *What is this man's dignity worth? Why should he have to give it up for some bread?*

Is this something you have experienced? Do you feel worthless? Does it seem that people do not value you for who you are? Please know this: you are not alone.

Many of us in today's fast-paced, competitive society feel like we've just become a number, or part of a big machine. More often than not, we're measured by how well we do in school, what we can produce at work, and how much we earn. No-one seems to cherish us as individuals; our value is linked to our abilities and performance—and little more.

No wonder many of us are asking: *What is my value? What am I worth?*



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Measuring a Person's Value

HOW DO WE MEASURE a person's value?

If we break down our human body into its chemical components, like carbon, oxygen, and hydrogen, we may find that our bodies aren't worth a lot—maybe a few hundred dollars or so.

If we measure ourselves by our economic value, then our worth would depend on our skills, experience, and status. Unfortunately, many of us are measured this way. People compare us with others by looking at how rich we are, how much we earn, and whether or not we can contribute to companies and organisations.

But what if we don't have the skills, abilities, or gifts that people want? What if we're not rich, attractive, charismatic, or gifted with talents? What if we are just . . . ordinary?

And what about babies, refugees, and prisoners who have little and are often seen as nobodies in this world? What about people who are old, disabled, or destitute? Do they not have any worth?



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Each of Us Is Worthy

IF YOU TAKE OUT A BANKNOTE—like a \$1 bill (or whatever currency you use in your country)—you will see that its worth does not depend on its condition. Its value is intrinsic, or “built in”. Whether this note is old or new, clean or dirty, it is still worth the same.

Consider this comforting truth: every human being is like that! Our true value does not depend on external factors like how we look, how good we are, what we’ve done, or what we are able to do. Whether we are rich, capable, beautiful or not, each of us has an intrinsic worth. Even if we are hit by poverty, old age, or disability, or sickness seems to strip us of human dignity, our lives are still priceless.

If this seems a bit difficult to take in, think of what a newborn baby means to his mother. The mother’s intense love for her child is not based on what the child can do for her; she loves the child simply because the child belongs to her.

If you feel forgotten and worthless, if you feel that no one cares who you are,



*If you feel forgotten and
worthless . . . please know that you
truly are priceless, and you are of
worth to someone.*

please know that you truly are priceless, and you are of worth to someone.

Perhaps it might be strange to hear this right now, especially if you have not experienced someone loving you for who you are.

Can we, however, tell you about someone to whom you are of ultimate value? Can we introduce you to this someone who sees you as absolutely special? To him, you are priceless. To him, you are worth dying for. His name is Jesus.

You Are Special to God

THE BIBLE, which Christians believe records God's inspired word, tells us about how God created human beings. God not only made men and women to have a personal relationship with him, he also made each person unique and special. One follower of God described it this way:

*You made all the delicate,
inner parts of my body
and knit me together in
my mother's womb . . .*

*You watched me as I was being
formed in utter seclusion,
as I was woven together in the
dark of the womb.
(Psalm 139:13–15)*

Because God made and loves each one of us—as a perfect parent would love his child—he cares about us as individuals. He cares about what we do and how we feel. The same writer also observed:

*You know when I sit down or stand up.
You know my thoughts even when
I'm far away.
You see me when I travel and when
I rest at home.
You know everything I do.
You know what I am going to say
even before I say it, Lord.
You go before me and follow me.
You place your hand of blessing
on my head.
(Psalm 139:2–5)*

To God who created us, every one of us is significant. No matter what our wealth, health, talent, or age is, we are valuable in his eyes. Each of us is his

precious child, and he loves us for who we are to him.

Jesus Died for the World

SO WHY DO WE FEEL WORTHLESS TODAY?

And why are we treated poorly by fellow men? It is because the world is no longer perfect. This has affected the relationship between God and people, and the relationships between people. As a result of these broken relationships, we no longer feel valued and cherished.

But God wants to restore our relationship with him. While we don't know him, he knows us. And he wants to reconnect with us, to show us that he loves every single one of us.

More than 2,000 years ago, God came to the world in the form of a man called Jesus. Jesus came to show us that the only way to enjoy this restored relationship is by believing in him. While he was on earth, he showed us that God values every single person by reaching out especially to the poorest people, the downtrodden, and those marginalised and forgotten by society.



[God] wants to reconnect with us, to show us that he loves every single one of us.

Jesus didn't relate to people on the basis of their looks, wealth, status, or ability. To him, every person was important and valued.

Today, he makes this same offer to all of us—and to you.

Will You Turn to Jesus?

YOU ARE SPECIAL and precious to Jesus. He deeply desires to restore your identity as his precious creation, and to give you the comforting assurance that you are always worthy in his eyes.

If you know and believe in Jesus, you will discover that your value will no longer depend on what others think or say, nor will it be determined by how much you contribute to society. Instead, your worth will come from knowing that you now belong to God.

Imagine how you might feel if your father were a powerful leader, like a president. That is what Jesus offers you—the status and worth that comes from being God's own son or daughter. How assured and secure you would feel to be the child of an all-powerful, all-loving, everlasting God! You will be



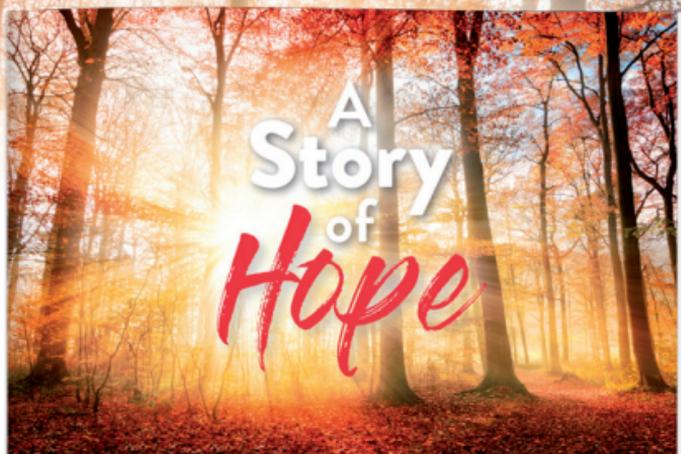
Jesus offers you—the status and worth that comes from being God’s own son or daughter.

able to live life knowing you are deeply loved and cherished by someone who is greater than any man, and who cares for you personally.

Becoming a precious child of God doesn't automatically mean all your problems will be fixed and life will go smoothly, but it does mean that you have a father who is God Almighty, and he has promised to always be with you and to help you through life. Would you like to know this Jesus?

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You can read *A Story of Hope*, a booklet that
can tell you a bit more about him.



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